

Mental Health Month – May 2007
Governor's Proclamation

Good physical health and good mental health are both equally essential to a person's overall well-being. Therefore, like any physical ailment, mental illness also requires urgent and sensitive care. Unfortunately, the stigma sometimes surrounding mental illness can prevent people from seeking the medical attention they need. When left untreated, these illnesses can seriously alter a person's thinking, mood and behavior, which can potentially disrupt work, damage relationships and destroy lives.

In California today, one in five people suffer from a mental illness, such as schizophrenia, bipolar disorder, depression and anxiety disorder. These afflictions know no racial, ethnic or social boundaries and affect both young and old alike.

For those experiencing mental health problems, a wide variety of treatments exist. Prevention and intervention help reduce the impact of serious mental illness, and early recognition and treatment increase the probability of recovery and the ability to lead a normal life.

During this month, I urge all Californians to promote mental wellness by showing compassion and encouragement to those who live with mental illness. We must eradicate the stigma associated with these afflictions in order to help those in need. It's my hope that those suffering from mental illness will take courage and seek timely help from supportive doctors, family members and friends.

NOW, THEREFORE, I, ARNOLD SCHWARZENEGGER, Governor of the State of California, do hereby proclaim May 2007, as "Mental Health Month."

IN WITNESS WHEREOF I have here unto set my hand and caused the Great Seal of the State of California to be affixed this 6th day of April 2007.